

Get moving if you want to enjoy a long and healthy life

Research has indicated that exercise plays a major role in helping to prevent heart disease, diabetes, osteoporosis and some cancers. Even small increases in physical activity can reduce stress, improve sleep and increase an overall feeling of well-being.

Exercise does not have to be painful, exhausting or overly time-consuming. You can realize the benefits of increased activity by participating in recreational activities and hobbies. Even chores such as washing the car can improve your flexibility and improve your strength and conditioning.

In 2000, a review of the results of the first national health-promotion program called Healthy People 2000 indicated that most American adults are not active enough to achieve health benefits. The report indicated that only 30 percent of adults engage in consistent, moderate physical activity and 14 percent engage in some type of vigorous exercise.

This assessment led to the national health-promotion and disease-prevention program called Healthy People 2010. Established by the Department of Health and Human Services three years ago, the program is designed to provide direction for improving the health of the nation during the first decade of this century. By the year 2010, the program hopes to increase the quality and years of healthy life and eliminate health disparities among different segments of the population.

Healthy People 2010 addresses the following public-health issues:

- Physical activity
- Overweight and obesity
- Tobacco use
- Substance abuse
- Responsible sexual behavior
- Mental health
- Injury and violence
- Environmental quality
- Immunization
- Access to health care.

Each issue has a number of objectives that communities, public health agencies, businesses, schools and individuals will strive to accomplish.

Among the objectives of the Healthy People 2010 campaign for physical activity are the following:

- Reduce the proportion of adults who engage in no leisure-time physical activity
- Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness to three or more days per week for 20 or more minutes per occasion
- Increase the proportion of adults who engage regularly (preferably daily) in moderate physical activity for at least 30 minutes.

‘Making your move’ at Hanford

The Hanford Environmental Health Foundation and Fluor Hanford are promoting physical activity in accordance with Healthy People 2010 by introducing a program developed by the National Association for Physical

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Fitness called "Make Your Move." This program encourages site employees to become more physically active.

Any Hanford Site employee with a Department of Energy security badge may participate. Complete the registration form that appears below and send it to HEHF HES, H1-04, or call Judi Staley of HEHF at 372-0097 to register. Fluor Hanford employees may register with Carol Powe at 376-8886.

After you have registered, a packet containing an eight-week diary and instructions for participating in the program will be mailed to you. During that eight-week period, simply make an entry whenever you participate in a healthful exercise or physical activity. You will earn points for each of your entries. Points are awarded for the time spent rather than the intensity or type of exercise.

At the end of eight weeks, mail the diary to HEHF. During the eight weeks, look for "Make Your Move Tips" in the *Reach*. Also look for special activities such as crossword puzzles that will be published in the *Hanford Reach*. You can earn extra points by completing the activities. Prizes will be given for the most points earned

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Name _____

Age _____ Gender _____

Mailstop _____ Phone _____

Employer _____

Registration form

Send completed form to: HEHF HES, H1-04

I am participating in "Make Your Move" for the following reasons (**circle all that apply**):

General health

Improve sleep

Weight loss

Maintain healthy weight

Lower cholesterol

Conditioning: cardiovascular, strengthening, flexibility

Lower blood pressure

Reduce stress

My job requires a high ☐ moderate ☐ minimal ☐ level of physical activity

Please check and complete the statement that best describes your level of physical activity over and above your work duties

☐ My current level of exercise is moderate to vigorous (raises pulse rate) **circle one:** 1-3 **or** 4-7 days per week for **circle one:** under 30 minutes **or** at least 30 minutes per session

☐ My current level of exercise is minimal (leisurely pace, does not raise pulse rate) **circle one:** 1-3 **or** 4-7 days per week for **circle one:** under 30 minutes **or** at least 30 minutes per session

☐ I do not engage in any exercise

I have read the PAR-Q (below). I understand that if I answer "yes" to any of the questions, I should consult with my private health-care provider before beginning or changing my level of physical activity.

Signature: _____ Date: _____

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— the person with the most points will win a \$50 gift certificate to Gart Sports, a Make Your Move gym bag and T-shirt, and the top 10 percent of participants will also win prizes. The best reward will be your renewed energy and healthful feeling.

The Make Your Move program begins May 21, National Employee Health and Fitness Day. For more information on the program, call Judi Staley of HEHF at 372-0097, or Carol Powe of Fluor Hanford at 376-8886.

You can schedule a 45-minute “Make Your Move” safety-meeting presentation that discusses recommendations for starting an exercise program by calling HEHF Health Education Services at 373-3729. ■

Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of this questionnaire is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. This evaluation has been designed to identify the small number of adults for whom physical activity might be inappropriate, or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the “YES” or “NO” box next to each question that applies to you.

- | | | |
|-----|----|---|
| YES | NO | 1. Has your doctor ever said that you have heart trouble? |
| YES | NO | 2. Do you frequently have pains in your heart and chest? |
| YES | NO | 3. Do you often feel faint or have spells of severe dizziness? |
| YES | NO | 4. Has a doctor ever said your blood pressure was too high? |
| YES | NO | 5. Has your doctor ever told you that you have a bone or joint problem — such as arthritis — that has been aggravated by exercise or might be made worse with exercise? |
| YES | NO | 6. Is there a good physical reason not mentioned here why you should not follow an activity program — even if you want to? |
| YES | NO | 7. Are you over the age of 65 and not accustomed to vigorous exercise? |

If you answered “yes” to one or more questions, consult your personal health-care provider by telephone or in person *before* increasing your physical activity. Discuss questions to which you answered “yes” on this Physical Activity Readiness Questionnaire.

If you answered “no” to all questions and if you answered the questionnaire accurately, you have reasonable assurance that you may safely start a graduated exercise program. A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort, injury or stress on your cardiovascular system.

Signature: _____ Date: _____

Send completed form to: HEHF HES, H1-04